



NCLEX® STUDY SCHEDULE 2016

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For more information,
head to www.picmonic.com



TABLE OF CONTENTS

Welcome	Page 3
Meet Our Nursing Pros	Page 4
Introduction to Pathways	Page 5
What Is It?	Page 5
Course	Page 5
Body System	Page 5
Books	Page 5
NCLEX®	Page 5
How Does It Work?	Page 6
The Three-Pronged Approach	Page 11
Putting It All Into Action	Page 12
Onward, To The NCLEX®!	Page 18
Conclusion	Page 18



WELCOME

Hello Future Nurses!

First off, congratulations on reaching this milestone in your nursing education! You have come a long way to get to this point. If you are reading this, you are assessing your options for preparing to take the biggest exam of your nursing career. With so many NCLEX® prep courses available today, it is challenging to identify the best choice.

Fortunately you've found Picmonic!

Not long after I began using Picmonic during my final semester of nursing school, I soon learned that the gurus at Picmonic had created a tool that was invaluable to nursing students by streamlining their NCLEX® material accessibility. I was amazed at how easy and fun it was for me to learn even the most difficult concepts using the outrageous pictures and stories in Picmonic's learning system.

By using their 4 Week Study Schedule to organize my daily routine, I was able to work at my own pace, stopping to review when needed, or taking a moment to answer 25-50 extra practice questions from other resources to reinforce the content. I spent less time on my strongest areas which gave me more time to review the Picmonics in weaker areas.

By following the Picmonic four week study plan, like me, you will know you are ready to PASS the NCLEX® the first time. Good luck!

Tanya Powell, RN



MEET OUR NURSING PROS

Kendall Wyatt, RN

Picmonic Content Director



Kendall is no stranger to the world of standardized testing. As he currently holds dozens of certifications, he has run through the gamut of late night studying, stressful cramming and of course, those grueling testing days a multitude of times. Drawing on his expertise as a licensed EMT, RN and having successfully passed his medicine boards, Kendall has been instrumental in helping both nursing and medicine students thrive with his contributions to the Picmonic Learning System.

He currently resides in sunny Phoenix, Arizona where he works alongside renowned author JoAnn Zerwekh EdD, RN, and the Picmonic Team on a variety of projects that have benefitted nursing students across the U.S.

Marlee Liberman, RN

Picmonic Master Nursing Scholar

As a recent nursing grad, Marlee understands the struggles that nursing school throws at you - not to mention the overwhelming pressure preparing for the NCLEX®! Marlee brings a unique skill set to Picmonic, with her previous degree in broadcast journalism. Her blend of talents provides her with the knack for simplifying complicated concepts and demystifying the world of nursing.

Marlee splits her time between the Arizona desert and the Canadian Rockies, and she hosts Picmonic's awesome YouTube channel and webinars alongside Kendall.



Tanya Powell, RN

Picmonic Nursing Student Consultant



Tanya, a 2015 ADN graduate, is a new addition to the team of Picmonic Student Consultants. As a recent nursing school graduate and current student completing an RN to BSN bridge program, she understands the stresses of being a student and a nurse. With a background in web and software development and author of a website for nursing students, she has a passion for nursing education in addition to the use of technology for learning. An Alabama native, Tanya currently lives in coastal Georgia with her husband, Kyle, and their dog Pinhoti.



INTRODUCTION TO PATHWAYS

What is it?

Pathways was created to do all of the hard work for you. What do we mean? Well, for starters, Picmonic for Nursing has over 800 Picmonics covering various topics and disciplines. Unless you know exactly where to begin, it can be a little daunting. With our new Pathways feature, we have categorized our Picmonics into the following Pathways:

Course

We know that students are coming from a vast array of schools, so how do we build out a Pathway with respect to their studies? By breaking them down into courses! From Anatomy to Physiology, we have included all Picmonics relevant to that specific course.

Body Systems

Another way to sort out our library into digestible chunks is by body system. Simply pick a system and off you go!

Books

Wouldn't it be great if you could simply open up your assigned textbooks, select a Pathway, and get cruising on our Picmonics with respect to relevant chapters? At Picmonic, we take boring textbook passages and turn them into unforgettable images.

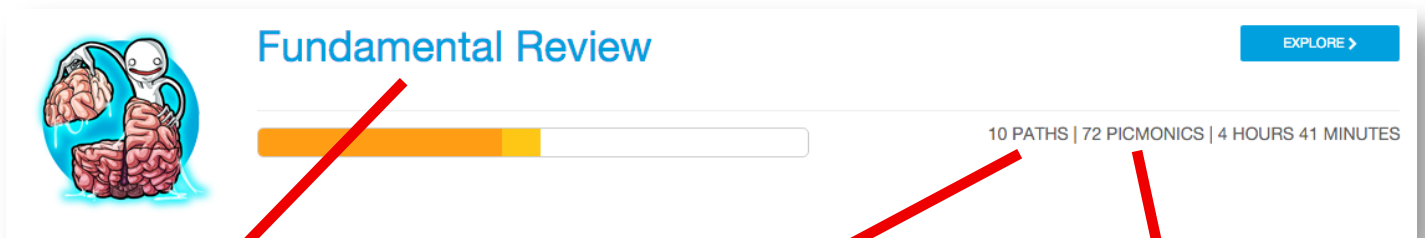
NCLEX®

If you've downloaded this Study Schedule, then chances are you are looking at taking the NCLEX® within the next few weeks or months and want to get right down to it. Fortunately, this Study Schedule utilizes the NCLEX® Pathway, so buckle up!



How does it work?

A Pathway is like a master playlist. If you're experienced with Picmonic, then chances are you have created a playlist or two to assist in properly categorizing your Picmonics with respect to your studies. If not, then think of iTunes® or any similar music player in which you can create a playlist and have several tracks included.



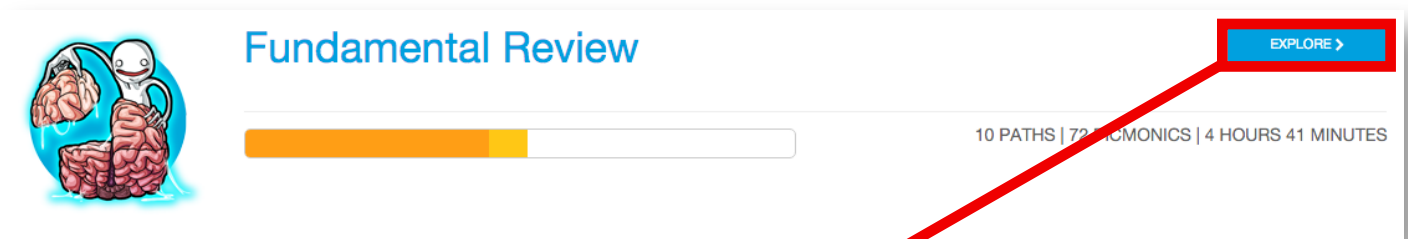
This is the Fundamental Review Pathway

Each Pathway consists of a Path, which consists of a subset of relevant Picmonics.

10 Paths means there are 10 playlists that contain all of our Fundamental Review Picmonics

For example, if we look at the Fundamental Review Pathway, you will see that it consists of 10 Paths. You will also see that there are 72 total Picmonics that are relevant to the Fundamental Review Pathway. When you see that there are 10 Paths, you can rely on the fact that the 72 Picmonics are divided and categorized appropriately.

That's much better than sorting through 68 Picmonics, wouldn't you say?



In order to begin a Pathway click on the "Explore" button and you will see the following screen:





Fundamental Review

10 PATHS | 72 PICMONICS | 4 HOURS 41 MINUTES

Mastered Learned Remaining

Nursing Basics

7 PATHS | 59 PICMONICS | 3 HOURS 26 MINUTES

1 Nursing Basics | 3 PICMONICS

EXPLORE >

2 Assessments & Vital Signs | 7 PICMONICS

EXPLORE >

3 Communication | 3 PICMONICS

EXPLORE >

4 Culture | 5 PICMONICS

EXPLORE >

5 Lung Sounds | 4 PICMONICS

EXPLORE >

6 General Tests & Procedures | 7 PICMONICS

EXPLORE >

7 Lab Values | 32 PICMONICS

EXPLORE >

As you can see, we are currently in the Nursing Basics category. We see that within the Nursing Basics category, there are 7 sub categories:

- 1) [Nursing Basics](#) (3 Picmonics)
- 2) [Assessments & Vital Signs](#) (7 Picmonics)
- 3) [Communication](#) (3 Picmonics)
- 4) [Culture](#) (5 Picmonics)
- 5) [Lung Sounds](#) (4 Picmonics)
- 6) [General Tests & Procedures](#) (7 Picmonics)
- 7) [Lab Values](#) (32 Picmonics)

Just like we clicked the “Explore” button to get into the **Fundamental Review** Pathway clicking on the “Explore” button will take us into the first **Nursing Basics Path** which is also called **Nursing Basics**.



After clicking the “explore” button you will see the following screen:

PATHWAYS HOME > BOARDS > FUNDAMENTAL REVIEW > NURSING BASICS

Nursing Basics

START LEARNING >

3 PICMONICS

Mastered Learned Remaining

3 PICMONICS

1 **The Nursing Process**
The nursing process is a way for the nurse to apply critical thinking skills during the care of his or her clients. The nursing process is a cyclical process that has five components: Assessment, Diagnosis, Planning, Implementation, and Evaluation.

2 **Maslow's Hierarchy of Needs**
Maslow Hierarchy of Needs is a way for nurses to understand the needs of a patient. Some needs will need to be address before other needs can be fulfilled. Example would be that a nurse needs to address a patient's physiological needs before lo ...More ▾

3 **Patient Position Overview**
Positioning a patient properly is an essential nursing care for the patient. Some positions are required for procedures while others are required that promote healing. It is vital that the patient's safety comes first and proper communication t ...More ▾

Think of this as a preview of what you're about to Learn, Review, and Master

In this page, you will see the 3 Picmonics that comprise the **Nursing Basics Path**:

- 1) *The Nursing Process*
- 2) *Maslow's Hierarchy of Needs*
- 3) *Patient Position Overview*

Each Picmonic has a summary that you can read up on prior to jumping in. Clicking on the “Start Learning” button will open up that selected Picmonic.

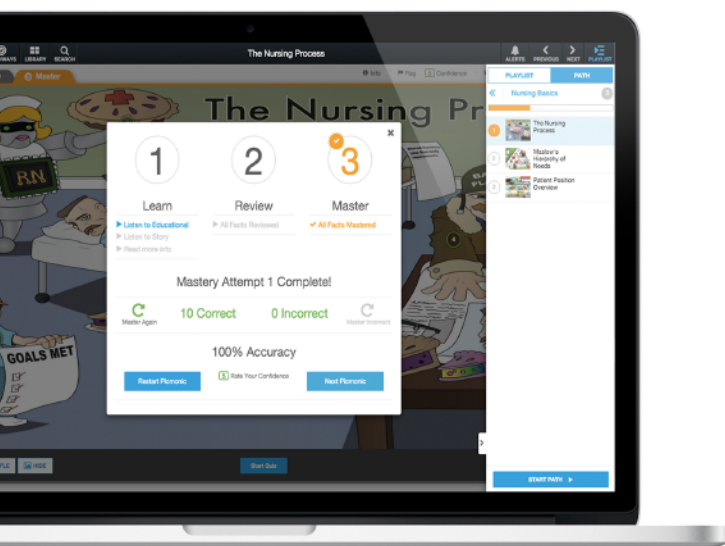




As soon as you're ready to begin, hit "Start Path" and the Picmonic will play.

Here you will begin *Learning, Reviewing, and Mastering* Picmonic style. Take care to go through each mode to ensure that you are getting the most out of the Picmonic experience.

If you're brand new to Picmonic, take a few moments to follow the Tutorials, as they will walk you through the entire experience and set you up for successful view of each Picmonic now and down the road.



Completed Picmonics are identified by coloring in the corresponding number. If it's "Mastered" and colored in, then it's onward to the next one!


By clicking the "Next Picmonic" button, you will progress through each Picmonic until you have completed that Path. When you get back to the **Nursing Basics** screen, you will see your progression marked by an orange bar.



As if Pathways weren't impressive enough, Picmonic offers a lot of content that will assist you in making sure those hard to retain, high yield, and ever so important facts remain with you come NCLEX® time. That is why we have taken relevant clips from our Picmonic Lecture Series and incorporated them into your Study Schedule when relevant.

PATHWAYS HOME > BOARDS > FUNDAMENTAL REVIEW

Fundamental Review



10 PATHS | 72 PICMONICS | 4 HOURS 41 MINUTES

Mastered Learned Remaining

Nursing Basics

7 PATHS | 61 PICMONICS | 3 HOURS 38 MINUTES

1	Nursing Basics 3 PICMONICS	RESUME ▶	EXPLORE >
2	Assessments & Vital Signs 7 PICMONICS		EXPLORE >
3	Communication 3 PICMONICS		EXPLORE >
4	Culture 5 PICMONICS		EXPLORE >



THE THREE-PRONGED APPROACH

After some exploring, you will no doubt note that Picmonic has a ton of content. But what is most applicable to you and gearing up for the NCLEX® is what is the most important. How you approach our content (and when) will set you up for the best chance of success and that is why we present the *Three-Pronged Approach*:



LEARN

Picmonic Lecture Series Clips

First, (*if available*) you will review one of our recorded webinars that will assist you with an overview of the particular Pathway. In these recorded webinars, Kendall Wyatt, RN, walks you through the high yield facts pertaining to that Pathway and the NCLEX®. These video clips are optional, but if one is available and you have the time, they are highly recommended!

REVIEW

Incorporating Pathways

Next, review the Pathway and its related Paths. Take care to follow the Study Schedule as best you can to avoid getting burnt out.

MASTER

Questions

Although Picmonic doesn't offer a Question Bank, we strongly encourage you to venture out and see what others resources are available. There is no substitution for a strong question bank to help you reinforce your knowledge.



Have you signed up for our Question of the Day emails? Be sure to do so by [clicking here!](#)



PUTTING IT ALL INTO ACTION

We know that not everyone will be taking the NCLEX® at the same time, so we've taken all of the information presented and spread it out through a 4-week period. This will allow you to tailor your studying sessions and remain flexible in your day to day affairs.

DAY
1

PATHWAY: Fundamental Review > Nursing Basics

60 Picmonics: 3 Hours 40 Minutes

Nursing Basics
3 Picmonics

Assessments & Vital Signs
7 Picmonics

Communication
3 Picmonics

Culture
3 Picmonics

Lung Sounds
4 Picmonics

General Tests & Procedures
7 Picmonics

Lab Values
32 Picmonics

DAY
2

PATHWAY: Fundamental Review > Foundations of Practice

9 Picmonics: 55 Minutes

Patient Safety
4 Picmonics

Infection Prevention & Control
4 Picmonics

Delegation
1 Picmonic

PATHWAY: Perioperative Care > Perioperative Care

6 Picmonics: 40 Minutes

Perioperative Care
4 Picmonics

Drain & Device Care
2 Picmonics

DAY
3

PATHWAY: Pharmacology Basics > Medication Administration

8 Picmonics: 50 Minutes | 1 Webinar: 1 Hour (Optional)

Basics of Medication Administration
2 Picmonics

Routes of Administration
2 Picmonic

Medication Administration
4 Picmonic

Pharm: Know Your Endings
Webinar

PATHWAY: Pharmacology Basics > Pharmacology Basics

25 Picmonics: 1 Hour 10 Minutes

G Protein Coupled Receptors
4 Picmonics

P450 Interactions
2 Picmonics

Toxicities & Reversal Agents
19 Picmonics

DAY
4

PATHWAY: Fluid, Electrolyte, & Acid Base Imbalances > Fluid Imbalances

5 Picmonics: 30 Minutes | 1 Webinar: 1 Hour (Optional)

Infusion Therapies
5 Picmonics

Electrolytes Made Easy
Webinar

PATHWAY: Fluid, Electrolyte, & Acid Base Imbalances > Electrolytes

15 Picmonics: 1 Hour 10 Minutes

Electrolyte Lab Values
7 Picmonics

Electrolyte Imbalances
8 Picmonics

PATHWAY: Fluid, Electrolyte, & Acid Base Imbalances > Acid Base

9 Picmonics: 50 Minutes

Acid Base Imbalances
9 Picmonics



PATHWAY: Respiratory System > Assessments

13 Picmonics: 1 Hour

Respiratory Assessments
5 Picmonics

Lung Sounds
4 Picmonics

Oxygenation
4 Picmonics

DAY
5

PATHWAY: Respiratory System > Disorders

19 Picmonics: 1 Hour 55 Minutes

Respiratory Disorders
19 Picmonics

PATHWAY: Respiratory System > Pharmacology

7 Picmonics: 45 Minutes

Anti-TB Medications
2 Picmonics

Respiratory Pharmacology
5 Picmonics

PATHWAY: Cardiovascular System > Assessments

5 Picmonics: 20 Minutes | 1 Webinar: 1 Hour (Optional)

ECG
2 Picmonics

Cardiac Enzymes
3 Picmonic

Heart Failure and Compensation
Webinar

DAY
6

PATHWAY: Cardiovascular System > Disorders

38 Picmonics: 3 Hours 20 Minutes

Hypertension & Hypotension
5 Picmonics

Angina
2 Picmonics

Myocardial Infarction
3 Picmonics

Heart Failure
4 Picmonics

Inflammatory Heart Conditions
7 Picmonics

Heart Murmurs & Malformations
7 Picmonics

Vascular Disorders
7 Picmonics

Shock & Sepsis
3 Picmonics

PATHWAY: Cardiovascular System > Pharmacology

25 Picmonics: 2 Hour 40 Minutes

Antihypertensives
9 Picmonics

Antiarrhythmics
4 Picmonics

Inotropes
5 Picmonics

Dyslipidemia Medications
7 Picmonics

DAY
7

PATHWAY: Endocrine System > Assessments

10 Picmonics: 40 Minutes | 1 Webinar: 1 Hour (Optional)

Endocrine Glands
10 Picmonics

Endocrine System
Webinar

DAY
8

PATHWAY: Endocrine System > Disorders

25 Picmonics: 2 Hour 20 Minutes

Hypothalamic & Pituitary Disorders
4 Picmonics

Thyroid Disorders
7 Picmonics

Parathyroid Disorders
2 Picmonics

Diabetes
6 Picmonics

Mineral & Bone Disorders
1 Picmonic

Adrenal Disorders
5 Picmonics



DAY
9

PATHWAY: Endocrine System > Pharmacology

13 Picmonics: 1 Hour 25 Minutes

Diabetic Medications
11 Picmonics

Thyroid Medications
2 Picmonics

DAY
10

PATHWAY: Gastrointestinal System > Disorders

39 Picmonics: 3 Hours 30 Minutes | 1 Webinar: 1 Hour (Optional)

Oral Esophageal Disorders
5 Picmonics

Stomach Disorders
5 Picmonic

Noninflammatory Intestinal Disorders
8 Picmonic

Inflammatory Intestinal Disorders
6 Picmonic

Liver Disorders
6 Picmonic

Biliary Disorders
3 Picmonic

Pancreatic Disorders
4 Picmonic

Malnutrition & Obesity
2 Picmonic

Gastrointestinal System
Webinar

DAY
11

PATHWAY: Gastrointestinal System > Pharmacology

18 Picmonics: 2 Hours

Vitamins & Minerals
12 Picmonics

Gastrointestinal Pharmacology
6 Picmonics

DAY
12

PATHWAY: Hematologic System > Assessments

40 Picmonics: 1 Hour 50 Minutes

Blood Physiology
5 Picmonics

Lab Values
32 Picmonic

Bleeding Precautions
3 Picmonic

DAY
13

PATHWAY: Hematologic System > Disorders

20 Picmonics: 2 Hours

Anemias
2 Picmonics

Blood Transfusions
4 Picmonics

Shock & Sepsis
3 Picmonics

Leukemias & Lymphomas
5 Picmonics

Other Hematologic Disorders
6 Picmonics

PATHWAY: Hematologic System > Pharmacology

8 Picmonics: 1 Hour

Anticoagulants
8 Picmonics

DAY
14

PATHWAY: Musculoskeletal System > Assessments

5 Picmonics: 20 Minutes

Fractures & Surgery
5 Picmonics

PATHWAY: Musculoskeletal System > Disorders

9 Picmonics: 1 Hour 45 Minutes

Musculoskeletal Trauma
5 Picmonics

Musculoskeletal Disorders
14 Picmonics

PATHWAY: Musculoskeletal System > Pharmacology

9 Picmonics: 1 Hour

Anti-Inflammatory
8 Picmonics

Other Musculoskeletal Pharmacology
1 Picmonic



DAY
15

PATHWAY: Integumentary System > Disorders

18 Picmonics: 1 Hour 30 Minutes

Skin Cancer
2 Picmonics

Burns
7 Picmonics

Skin Breakdown & Wounds
9 Picmonics

PATHWAY: Integumentary System > Pharmacology

1 Picmonics: 5 Minutes

Integumentary Pharmacology
1 Picmonic

DAY
16

PATHWAY: Nervous System > Disorders

35 Picmonics: 3 Hours 20 Minutes | 1 Webinar: 1 Hour (Optional)

Central Nervous System Disorders
9 Picmonics

Peripheral Nervous System Disorders
5 Picmonics

Seizures
3 Picmonics

Stroke & Traumatic Brain Injury
8 Picmonics

Infectious Disease
2 Picmonics

Eye Disorders
5 Picmonics

Ear Disorders
3 Picmonics

Nervous System
Webinar

DAY
17

PATHWAY: Nervous System > Pharmacology

16 Picmonics: 1 Hour 25 Minutes

Cholinergics
8 Picmonics

Adrenergics
8 Picmonics

PATHWAY: Nervous System > Other Nervous System Pharmacology

22 Picmonics: 2 Hours 15 Minutes

Anesthetics
4 Picmonics

Antiepileptics
8 Picmonics

Other Nervous System Pharmacology
10 Picmonics

DAY
18

PATHWAY: Immune System & Oncology > Immune System

11 Picmonics: 1 Hour

Immune Disorders
6 Picmonics

Immunosuppressants
5 Picmonics

PATHWAY: Immune System & Oncology > Oncology

20 Picmonics: 2 Hours

Cancer Assessments
13 Picmonics

Leukemias & Lymphomas
5 Picmonics

Other Tumors & Cancers
2 Picmonics

PATHWAY: Immune System & Oncology > Pharmacology

5 Picmonics: 30 Minutes

Antineoplastic Medications
5 Picmonics

DAY
19

PATHWAY: Genitourinary / Renal System > Disorders

18 Picmonics: 1 Hour 30 Minutes

Urinary Disorders
4 Picmonics

Renal Disorders
10 Picmonics

Kidney Injury & Chronic Kidney Disease
4 Picmonics

Renal System
Webinar

PATHWAY: Genitourinary / Renal System > Pharmacology

6 Picmonics: 40 Minutes

Diuretics
5 Picmonics

Other Renal Pharmacology
1 Picmonic



DAY
20

PATHWAY: Reproductive System > Disorders

16 Picmonics: 1 Hour 40 Minutes

Male Reproductive Disorders
5 Picmonics

Female Reproductive Disorders
3 Picmonics

Breast Disorders
3 Picmonics

Sexually Transmitted Infections
5 Picmonics

PATHWAY: Reproductive System > Pharmacology

6 Picmonics: 40 Minutes | 1 Webinar: 1 Hour (Optional)

Reproductive Pharmacology
6 Picmonic

DAY
21

PATHWAY: Infectious Disease > Disorders

5 Picmonics: 40 Minutes

Sexually Transmitted Infections
5 Picmonics

PATHWAY: Infectious Disease > Pharmacology

18 Picmonics: 2 Hours

Antibiotics
17 Picmonics

Antivirals
1 Picmonic

DAY
22

PATHWAY: Obstetrics > Reproductive Cycle

5 Picmonics: 25 Minutes | 1 Webinar: 1 Hour (Optional)

Fetal Circulation
3 Picmonics

Menstrual Cycle
2 Picmonics

PATHWAY: Obstetrics > Prenatal Period

12 Picmonics: 1 Hour

Prenatal Period
4 Picmonics

Discomforts of Pregnancy
3 Picmonics

Signs of Pregnancy
3 Picmonics

Diagnostic Tests
2 Picmonics

PATHWAY: Obstetrics > Labor & Delivery

10 Picmonics: 55 Minutes

Labor & Delivery
7 Picmonics

Neonatal Assessments
3 Picmonics

DAY
23

PATHWAY: Obstetrics > Pregnancy Complications

23 Picmonics: 2 Hours 10 Minutes

Pregnancy Complications
11 Picmonics

Medical Complications
8 Picmonics

Implantation Abnormalities
4 Picmonics

PATHWAY: Infectious Disease > Torch Infections

5 Picmonics: 25 Minutes

Torch Infections
5 Picmonics

PATHWAY: Infectious Disease > Postpartum Period

5 Picmonics: 25 Minutes

Postpartum Period
5 Picmonics



PATHWAY: Pediatric Nursing > Assessments

9 Picmonics: 40 Minutes | 1 Webinar: 1 Hour (Optional)

DAY
24

Early Developmental Milestones
9 Picmonics

PATHWAY: Pediatric Nursing > Pediatric Disorders

31 Picmonics: 2 Hours

Congenital Abnormalities
7 Picmonic

Cardiac Abnormalities
2 Picmonic

Torch Infections
5 Picmonic

Other Pediatric Disorders
8 Picmonic

DAY
25

PATHWAY: Pediatric Nursing > Infectious Disease

16 Picmonics: 1 Hour 35 Minutes

Childhood Viral Exanthems
8 Picmonics

Other Childhood Viral Infections
8 Picmonics

DAY
26

PATHWAY: Psychiatric > Psychiatric Disorders

32 Picmonics: 3 Hours 10 Minutes | 1 Webinar: 1 Hour (Optional)

Anxiety Disorders
3 Picmonics

Mood Disorders
8 Picmonics

Cognitive Disorders
5 Picmonics

Personality Disorders
11 Picmonics

Eating Disorders
3 Picmonics

Pediatric Psychiatric Disorders
2 Picmonics

Everything Psychiatric
Webinar

DAY
27

PATHWAY: Psychiatric > Substance Related

10 Picmonics: 55 Minutes

Substance Related Disorders
10 Picmonics

DAY
28

PATHWAY: Psychiatric > Psychiatric Pharmacology

32 Picmonics: 3 Hours 10 Minutes

Anxiolytics & Hypnotics
5 Picmonics

Antipsychotics
12 Picmonics

Antidepressants
10 Picmonics

CNS Stimulants
5 Picmonics



ONWARD, TO THE NCLEX®!

If you're at this point in the Study Schedule, you either skipped ahead, or you have completed all of the NCLEX® Pathways. Either way, [click here to access the How to Pass the NCLEX® Guide](#), another resource to help you get prepared for The Big Day itself!

Final Words from Nurse Marlee

At this point in your nursing student career, you are getting so close to seeing the light at the end of the tunnel. Never thought the day would come, did ya?!

Well, the last and final push is around the corner, and here at Picmonic, we are here to help you pass - no - CRUSH that beast. Now is not the time to give up, my friends. You didn't get through those rough clinical shifts for nothing. When the times get tough, think of those sparkling letters RN at the end of your name!

Picmonic was created by students for students. We get it. We worked hard to make a study schedule that makes sense for YOU - the busy, overwhelmed, burnt-out nursing student. By breaking our material down into something that is so easy to follow, you won't even feel like you're studying.

At the end of four weeks, you'll be ready to walk in that testing center door confidently, and walk out knowing that you have the greatest email ever on its way:

"We are pleased to inform you that you have passed the NCLEX®-RN...Congratulations in advance on your success!"

Happy Studying!

- Marlee Liberman, RN

CONCLUSION

If you've completed the NCLEX® Study Schedule, then congratulate yourself! You have committed to and completed over 50 hours of studying, watched over ten hours of video footage, and more!

Moving forward, we strongly advise that you read the How to Pass the NCLEX® Guide to ensure that you do everything you can to pass. Stay positive! It won't be long until you see the "RN" letters after your name!

